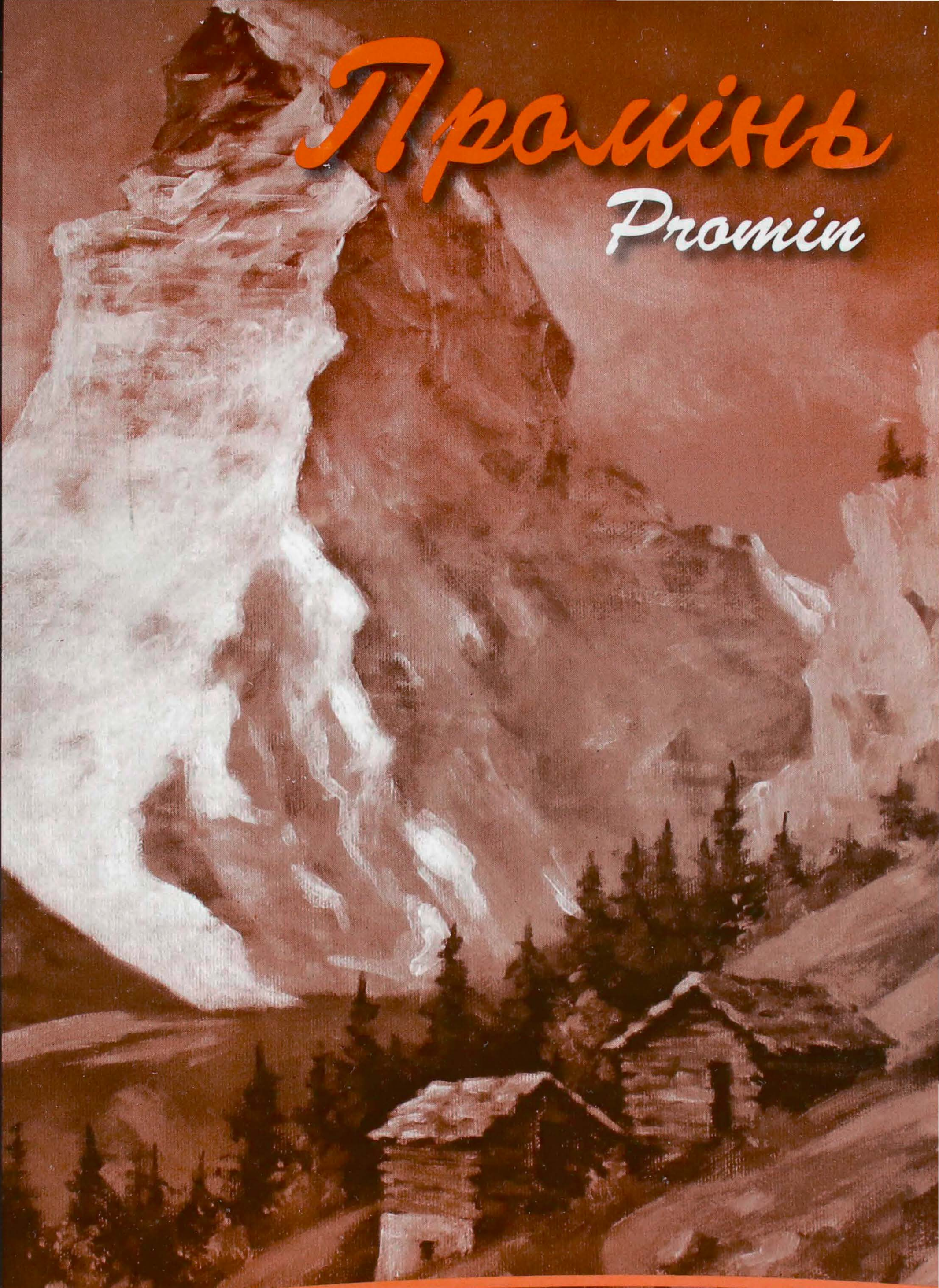
Промінь
Promin



Православна Церква – Шість Фактів

Orthodox Church – Six Facts

Міністер Освіти України в Канаді

Ukraine's Education Minister Visits

Звіт – Крайова Рада Жінок Канади

Report – National Council of Women

Союз Українок Канади

August/September 2016 Issue

ПРОМІНЬ

Виходить що другого місяця, видає СОЮЗ УКРАЇНОК КАНАДИ

Рік *LVI*
серпень - вересень 2016 р.

Редакційна Колегія
Леся Перритт
Референтка Променя
Єлисавета Корлетт
Редакторка - Леона Бриджес
Формат - Добр. Ірина Гоґан

Річна передплата в Канаді $25.00
Одне число - $6.00 (Включає GST)
Передплата до США $50.00 (канадських)

Редакція застерігає собі право скорочувати та поправляти надіслані матеріяли

PROMIN
10611 – 110 Avenue
Edmonton AB Canada
T5H 1H7

PROMIN

Published bi-monthly by the UKRAINIAN WOMEN'S ASSOCIATION OF CANADA

VOL. *LVI*
August - September 2016

Editorial Committee:
Lesia Perritt
Chair, Promin Editorial Board
Betty Corlett
Editor - Leona Bridges
Layout - Dobr. Erin Haugen

Subscription in Canada - $25.00
Single copy - $6.00 (GST is included)
Subscription to USA - $50.00 (CF)

The editors reserve the right to edit submitted materials

***Administrator* - Betty Corlett**
Telephone 780-932-9727
promin@uwac-national.ca

Publication Mail Registration No. 09580
International Standard Serial number
ISSN 038021-40
Agreement No. 40011733

ЗМІСТ · CONTENTS

1
Редакційна .... Editorial

4
Вісті від голови централі .... News from the National President

9
Слухаємо своїх читачів! .... Letters to the Editor

10
Рідне Слово .... Our Heritage Language

14
Новини відділів .... News from our Branches

17
Куток адміністраторки .... Administrator's Corner

18
Шість фактів про ПЦ. .... Six Things To Know About the OC

20
Міністер Освіти України. .... Ukraine's Education Minister

22
Любимо свій город .... For the Love of Gardening

28
Крайова Рада Жінок Канади – Звіт, ч. I .... National Council of Women of Canada – Report, Part I

30
Квіти Незабутнім .... In Memoriam

36
Увага художникові .... Artist in the Spotlight

We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.

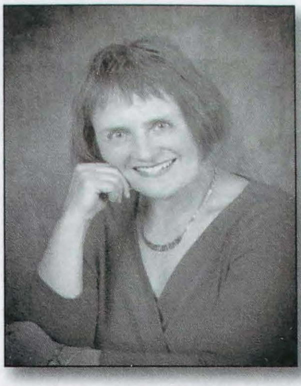
Canada

Союз Українок Канади
Ukrainian Women's Association of Canada

National Office
10611 - 110 Avenue
Edmonton AB T5H 1H7

Betty Corlett (Admin)
3019 - 43B Avenue
Edmonton AB T6T 1C1

РЕДАКЦІЙНА
Editorial



Дорогі Читачі!

Надходить осінь та наступний шкільний рік. Який тепер стан навчання української мови в Канаді? Комітет Українців Канади створив Національну Українську Освітну Раду під проводом Володка Бойчука, яка недавно відновила інтернетський сайт "Школа" (www.shkola.ca). Це—сайт українського громадського шкільництва в Канаді, редакторкою якою є Яніна Виговська за освітою – вчителька молодших класів. Яніна народилася та закінчила школу в Україні.

Головна мета цього сайту – зміцнити зв'язки між україномовними школами та забезпечити їх необмежене спілкування по всій Канаді. На разі вчителі українських програм часто скаржаться на ізольованість та відсутність звя'зку з іншими школами. Саме тому Рада вирішила відродити роботу цього сайту. Лише об'єднавши зусилля та ресурси, зможемо покращити рівень кваліфікації учителів та створити єдиний громадський простір для вчителів українських шкіл.

Минулого березня, я мала нагоду бути на Шевченківському Концерті Курсів Українознавства ім. Івана Франка в Едмонтоні. У ньому учащала переважна більшість вісім десять шестеро студентів, які зараз записані на Курсах. Вони вміло виконали монтажі, представляючи життя та творчість великого поета та уривки його творів. Признання належиться дуже вмілим учителям цих Курсів, між якими є наша членка, Наталя Гриців. Включено в програмі був цікавий показ стародавніх і сучасних костюмів етнографічних регіонів України з приватних колекцій вчителів Курсів та гостей колекціонерів Люби Білаш, Людмили Шефель і Усті Стефанчук. Між іншим, Устя чудовою українською мовою зуміла точно описати кожний костюм. Можна подивитися на відео цього концерту на сайті "Фейсбук" Курсів Українознавства.

Бажаємо всім Учителям українських курсів кріпкого здоров'я та успішного шкільного року!

Леона Бриджес
Редакторка

Dear Promin Readers,

Autumn is approaching and so is a new school year. What is the current situation in Canada regarding the teaching and learning of Ukrainian? The Ukrainian Canadian Congress has created a National Ukrainian Education Council under the leadership of Vlodko Boychuk, which has recently restored a website dedicated to Ukrainian Language Education—www.shkola.ca. The site includes information about Ukrainian community language education in Canada. The English-language summary includes: a comprehensive listing of Ukrainian Community Schools in Canada, information about the Ridna Shkola Networking Project and directions for using Ukrainian on your computer. There is also a wealth of information on the Ukrainian-language pages

such as news and developments in the area of Ukrainian Community Education in Canada (Від редактора), a database containing resources for teaching and learning Ukrainian (Ресурси / Обмін Ресурсів) and a Teachers' Corner (Учительський куток), specifically geared towards the needs of teachers and administrators of Ukrainian schools. It includes practical suggestions for teachers, as well as information on professional development and on Teacher forums for the exchange of ideas and resources (Учительський куток).

Editor of the website www.shkola.ca is Yanina Vihovska, elementary school teacher, Ukrainian-born and educated. She currently lives in Edmonton.

The website includes information about the Ivan Franko School of Ukrainian Studies for 13 to 17-year-olds in Edmonton. I was privileged to attend their Shevchenko Concert last March. Most of the 86 students enrolled participated in the concert, presenting Reader's Theatre interpretations of Shevchenko's biography and excerpts from his works. Very well done! The impressively capable teachers of these courses should be congratulated for the wonderful job they do! Among them is our own member, Nataliya Grytsiv. Included in the concert was a presentation of traditional and contemporary Ukrainian costumes from various regions of Ukraine. They were provided by the teachers of the school as well as by three private collectors—Luba Bilash, Lyudmila Shefel and Ustia Stefanchuk. Ustia described each costume in vivid detail in beautiful Ukrainian. It was a joy to hear the language so ably spoken! A video of the concert is available on the Facebook pages of the Ivan Franko School Community.

We wish all our teachers of Ukrainian excellent health and a very successful school year!

Leona Bridges
Editor

Photos by Leona Bridges

DONATIONS

Donations

• Chayka, Alice, Saskatoon, SK	$ 75.00
• Darcovich, Isabelle, Edmonton, AB	$ 35.00
• Dousko, Catherine, Hamilton, ON	$ 15.00
• Leduchowski, Myrtle, Regina, SK	$100.00
• Lyne, Elizabeth, Kamloops, BC	$ 50.00
• Mysak, Marlene, Calgary, AB	
• In honour of Mother Bernice Mysak's 100th Birthday	$ 50.00
• Nychka, Mary, Edmonton, AB	$ 25.00
• Pitts, Olecia, Regina, SK	$ 50.00
• Spytkowsky, Myroslava, Beamsville, ON	$ 25.00

Donations in Memory of...

• Two Hills UWA, Two Hills, AB	
In memory of Sofia Dmytruk	$100.00
• UWAC, Daughters of Ukraine, Regina, SK	
In memory of Pauline Kosteniuk	$ 75.00
• UWAC Hanka Romanchych, Saskatoon, SK	
In memory of Victoria Kereluk-Regehr	$ 60.00

Editor's Note: The following donation was made in October, 2014 upon the occasion of the 70th Anniversary of the Fort Frances Branch, but it was never acknowledged on our Donations Page. Our most sincere apologies for this regrettable oversight and for our tardiness in correcting it!

• UWAC St. Anna, Fort Frances, ON	$100.00
In memory of:	

- Helen Tkachyk 1970, Joan (Mrs. Peter) Kawulia 1970, Dorothy Revus 1992, Effie Tryhuk 1992, Lena Krawchuk 1998, Mary Wepruk 1998, Mary Kitzul 1999, Jennie Rizzo 2003, **Helen Kitzul 2004, Adele Markowski 2004, **Mary Andrusco 2005, Mary (Mrs John) Demianiw 2007, Katherine Zub 2007, Doris Law 2009, **Edith Dolyny 2011, Jean Olynyk 2012, Clara Badiuk 2012, Dora Kolomy 2013, **Sadie Kowalchuk 2014, **Helen Neurinski 2016

** CHARTER MEMBERS (branch founded in 1944)
May their Memories be eternal. Вічная пам'ять!

The Board and staff of Promin wishes to thank every donor for each donation. We fully understand the service, the dedication and the commitment that each dollar represents and we are honoured by, and thank you for, your support.

News from Lesia Perritt,

Слава Ісусу Христу!
Glory to Jesus Christ!

In August, our thoughts turn to the shortening days and the beginning of the new Church Calendar. Here is a review of my first year as UWAC National President. My term began in August, 2015.

Besides considerable computer time and paperwork, the months have been filled with Holy Day celebrations, meetings, workshops, lectures, banquets and concerts. Thank you to the many people outside Edmonton, who graciously offered me accommodation and meals. I attended the following events during the first ten months of my Presidency.

Lesia Perritt, President

September, 2015 Summit of the World Federation of Ukrainian Women's Organizations (WFUWO), Stockholm Sweden

Irene (Orysia) Sushko
WFUWO President

September, 2015 St. Andrew's Ukrainian Orthodox Ladies Auxiliary, UWAC Branch, Edmonton, AB; Dinner, Long Service Awards and AGM

Kathy Buchanan,
President elect

October, 2015 Western Eparchy Bishop's Tea at St. Elias Parish, Edmonton, AB

Front, L to R. Betty Corlett, Lesia Ukrainka Branch, St. Elia Parish, Edmonton; Rt. Rev. Protopresbyter Nicholas O. Rauliuk, UWAC National Chaplain; His Grace, Rt. Rev. Bishop Ilarion; Lesia Perritt, UWAC National President; Vivian Skakun, UWAC AB Provincial President
Back: Ethel Tacey, President Olha Basarabova Branch, St. Vladimir Parish, Calgary; Christine Zwozdesky, VP, St. John's Cathedral Branch, Edmonton; Kathy Buchanan, President St. Andrew's Ukrainian Orthodox Ladies Aux., UWAC Branch, Edmonton; Sylvia Gray, President, St. Anna Branch at St. Anthony's Parish, Edmonton; Dorothy Stachniak, then President of Kniahynia Olha Branch, St. Michael's Parish, Edmonton; Mary Rogoza, President, Olha Basarabova Branch, Waskatenau, AB; Donna Kowalishin, President, St. John's Cathedral Branch, Edmonton

October, 2015 Alberta Ukrainian Self Reliance League (AUSRL) Convention, Edmonton,

Ukrainian Embroidered "Podushky" Theme AUSRL Convention 2015

November, 2015 Ukrainian Museum of Canada (UMC)-AB Branch Showcase of Recent Acquisitions: Honouring Donors and Donations

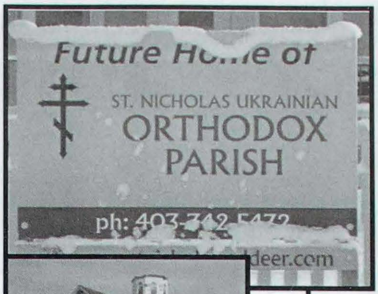
November, 2015 St. Michael's Parish Patron Saint's Day, Edmonton, AB Kniahynia Olha Branch Long Service Awards

November, 2015 Holodomor Commemoration at the Alberta Legislature

November, 2015 Holodomor Commemoration at City Hall, Edmonton, AB

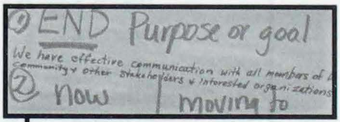
December, 2015 AGM at St. John's Cathedral Branch, Edmonton, AB

Donna Kowalishin, President elect, and Leona Bridges, Past President



December, 2015 Visit to the site of the Ukrainian Orthodox Mission Church, Red Deer, AB

December, 2015 Ukrainian Self Reliance League, Strategic Planning



With Dobr. Teresa Domaradz

March, 2016 Dominika Ohienko Branch, Lac La Biche, AB Parish District sponsored a multiple variety pyrohy supper and silent auction in Grassland, AB

May, 2016 Спільне Свячене/Spil'ne Sviachene at Holy Trinity Cathedral, Saskatoon, SK

Olha Kobylianska Branch, Carol Cisicki, President & Nadine Potts, VP

April, 2016 UCC Reception of Ukrainian Community Leaders with Andriy Shevchenko, Ukrainian Ambassador; Paul Grod, National President, Ukrainian Canadian Congress (UCC)

May, 2016 Kyiv Konnection Banquet fundraiser, Ukrainian Foundation for College Education (UFCE), Edmonton, AB

UCC 75th Anniversary Banquet with Ambassador Andriy Shevchenko; Paul Grod; Local, Provincial and Federal dignitaries

January, 2016 Alberta Benevolent Cantor's Association (ABCA) Evening of Koliada

Evening of Koliada, St. Andrew's Ukrainian Orthodox Sobor Parish

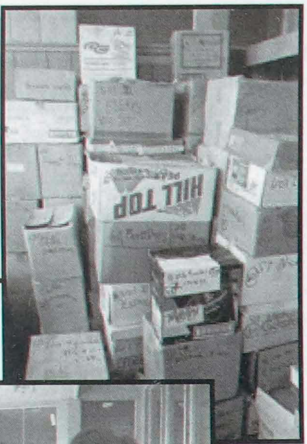
February, 2016 St. Anthony's Parish, St. Anna Branch, Edmonton, AB; Dinner, AGM & Long Service Awards

With award recipients Nadine Pidluzny, Verna Korpesho, Ann Tkach; along with Kimberley Gutsche, then President; Vivian Skakun, UWAC AB Provincial President.

March, 2016 Free Savchenko Rally Alberta Legislative Grounds

May, 2016 UCC Chernobyl Commemoration/Memorial Service in Hawrelak Park, Edmonton

Memorial oak and plaque installed by Ukrainian Self Reliance Association, Edmonton Branch



May, 2016 Sorting & Labeling UWAC publications and archives and at Ukrainian Voice, Winnipeg with Dobr. Orysia Ehrmantraut, UWAC MB Provincial President

Sylvia Korol, President

May, 2016 Olha Kobylianska Branch, Descent of the Holy Spirit Parish, Mazeppa, SK

Marie Wasyliw, President

Dorothy Korol, VP

May, 2016 Maria Markovych Branch Holy Trinity Parish, Canora, SK

Cathy Luciuk, President.

May, 2016 Daughters of Ukraine Branch, Descent of the Holy Spirit Parish, Regina, SK

Jessie Maranchak, UWAC President

Joyce Hawryluk, Marusia Sedor (standing), Leona Hrom, Hazel Dyrda

May, 2016 Lesia Ukrainka Branch and St. George Parish members, Dauphin, MB

May, 2016 Opening Night of Olha Tkachenko's Art Exhibit, Ukrainian Museum of Canada (UMC)

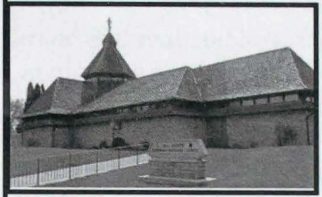
Janet Prebushewsky Danyliuk, Director/Chief Executive Officer; Alicia Klopoushak, Board President

Olha Tkachenko, batik artist

Mary Humen, UWAC President,
Very Rev. Archpriest Peter Wasylenko,
Cecilia Kachkowsi, VP

Government House, Edmonton, AB

Her Honour, the Honourable Lois Mitchell, Lieutenant Governor of Alberta



May, 2016
Hanka Romanchych Branch at All Saints Parish, Saskatoon, SK

May, 2016 Discussion with Gladys Andreas, President BC Provincial Executive

Alexandra Hohol, Vivian Skakun

Two Celebrations in honour of the 90th Birthday of Her Majesty Queen Elizabeth II at Garneau Hall, Care and Retirement Community and at Government House with Her Honour, the Honourable Lois Mitchell, Lieutenant Governor of Alberta, at both locations

May, 2016
Ilarion Residence, Saskatoon
Celebration of Bernice Mysak's 100th Birthday
1st President of Lesia Ukrainka Branch - 1945, Buchanan, SK

June, 2016 St. John's Cathedral UWAC Branch Edmonton, AB Annual Members' Dinner and Long Service Awards

Front: Zonia Ewanchuk, Leona Bridges, Elaine Harasymiw, Eileen Yewchuk, Donna, Kowalishin, Kay Hobden, Natalie Deptuck, Lesia Perritt, National President
Back: Oryssia Lennie, Myroslava Chomiak, Nadia Opyr, Pauline Mudry, Iris Zwozdesky-Ciona, Olesia Talpash

June, 2016 St. Petro Mohyla Institute 100th Anniversary, Saskatoon, SK

2016 DONATIONS TO PROMIN PRESS FUND

as per UWAC Anketa (Questionnaire)

(CANADA TOTAL: $ 3,935.00)

ALBERTA:

Edmonton: St. Anna's, St. Anthony	$ 200.00
Edmonton: Lesia Ukrainka, St. Elia	$ 500.00
Myrnam: Olena Pchilka, Holy Trinity	$ 25.00
Smoky Lake: Ohla Kobylianska, Holy Ascension	$ 100.00
Two Hills: Lesia Ukrainka, Holy Trinity	$ 100.00
Vegreville: St. Ohla, St. Vladimir	$ 50.00
Waskatenau: Olha Basarabova, St. Volodymyr	$ 100.00

BRITISH COLUMBIA:

Chilliwack: Olha Kobylianska, St. Dimitrius	$ 50.00
Kamloops: Lesia Ukrainka, All Saints	$ 200.00
Vancouver: Lesia Ukrainka, Holy Trinity	$ 100.00

MANITOBA:

Roblin: Daughters of Ukraine, St. John the Baptist	$ 35.00
Winnipeg: Kniahynia Olha, St. Mary the Protectress	$ 50.00
Dauphin: Lesia Ukrainka, St. George	$ 100.00

ONTARIO/QUEBEC:

Hamilton, ON: Lesia Ukrainka, St. Vladimir	$ 100.00
Ottawa, ON: Lesia Ukrainka, Assumption/Blessed Virgin	$ 100.00
Toronto, ON: Kniahynia Olha, St. Volodomyr	$ 500.00
Toronto, ON: Sophia Rusova, St. Demetrius	$ 300.00

SASKATCHEWAN:

Alysham/Codette: Olena Pchilka, Sts. Peter & Paul	$ 100.00
Prince Albert: Knianhynia Ol'ha, Holy Trinity	$ 100.00
Regina: Daughters of Ukraine, Descent of the Holy Spirit	$ 200.00
Saskatoon: Hanka Romanchych, All Saints	$ 400.00
Sheho: Olha Kobylianska, Holy Trinity	$ 25.00
Yorkton: Olena Pchilka, Transfiguration	$ 500.00

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Dear Betty,
While sitting here reading my Promin and enjoying it, I came across your picture on the Administrator's Corner page, telling readers about the Promin mailing label and the expiry date on it. I checked mine and realized how far behind I was with my subscription. I'm sorry for being so late with it! Thanks for bringing it to my attention in such a nice way. Have a great day,

Elma Wepruk,
Fort Frances, ON

Dear Betty and Leona,
Please forgive my tardiness in paying my subscription. I don't wish to miss one single issue of Promin and I am working on encouraging new subscribers here in Eastern Canada. Best of God's blessings! Your Sister in Christ,

Darcia Moskaluk-Rutkay
Toronto, ON

Dear Betty,
I so enjoy Promin. When we travel, I always take two or three copies of the magazine along because they are all so interesting. We went to Saskatoon recently and I took a full bag to re-read. My intent also was to go to the Museum (Ukrainian Museum of Canada), but my granddaughters' ball games were back to back and I missed out. Then the rain came. Fun anyway! Keep up the good work! Thank you!

Eustine Kereliuk,
Promin Convenor,
Two Hills, AB

Editor's Note: Many thanks to Mary Humen of Saskatoon, SK for assisting our senior subscribers at the Seniors' Residence in Saskatoon in updating their Promin subscriptions. We realize that some of our Golden Age readers have great difficulty managing those. Our administrator, Betty Corlett, is most sympathetic and understanding in these cases! Thanks for dropping her a line!

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

DEADLINES!

Please note that the deadline for submissions for our October - November issue is

August 20, 2016.

Upcoming submission deadlines are:

Oct~Nov issue - August 20, 2016
Dec~Jan issue - October 20, 2016
Feb~Mar issue - December 20, 2016

For more information contact: bridgesl@telus.net

Front & back cover images by:

Ivan Dymouriak

Additional images and artist information can be found on pages 36-37 of this issue.

Рідне Слово

Нотатка редакторки:
Це—перша із серії статтей про жінок імена яких присвоїли наші відділи. Користуйтеся перекладами, щоб поліпшити знання української або англійської мови.

Софія Русова, 1856 – 1940 (Продовження) Визначна українка

Другий період творчої біографії Софії Русової охоплює період 1909 – 1916 років. У 1909 році Олександр Русов, на запрошення Київського комерційного інституту, повернувся разом із родиною в Україну для викладання курсу статистики у цьому закладі. У цей час Софія Русова активно співпрацювала з просвітянськими організаціями, зокрема вступила до Чернігівської "Просвіти", пізніше стала секретарем Ради Київської "Просвіти", де вона прагнула організувати видання просвітянського друкованого органу, про що вона в своїх кореспонденціях повідомляла Б. Грінченку до Італії. Після ліквідації київської "Просвіти», Софія Русова прагнула врятувати її майно та просвітянські видання. Пізніше, в 20-х роках, аналізуючи цей період, вона зазначала: "На початку нашого визволення в початку XX ст. так суворо переслідувались "Просвіти" і майже усі були позакривані російським урядом". У цей час вона разом з іншими освітянами була співзасновником і співробітником педагогічно-освітнього місячника "Світло" (1910—1914), в якому друкувались її статті з проблем шкільництва та позашкільної освіти й який був провідним українським педагогічним журналом, що вказує на причетність Софії Русової до витоків української педагогічної періодики.

Від 1909 р. була професором Київських вищих жіночих курсів А. В. Жекуліної та Київського Фребелівського Педагогічного Інституту, який на той час готував освітян, а пізніше –увійшла до складу вчительської колегії комерційної школи. У цей час Софія Федорівна вивчала зарубіжний досвід організації дошкільного та шкільного виховання, знайомилась з роботою дитячих садків та шкіл у Європі та прагнула до його запровадження в Україну. У 1915 р., Софія Русова втратила свого чоловіка, який помер у Саратові, куди було евакуйований Київський Комерційний Інститут в роки Першої світової війни.

Третій період діяльності Софії Русової припадає на 1917–1921 рр., коли вона брала активну участь у встановленні Української Народної Республіки і у діяльності Української Центральної Ради, у складі якої вона очолювала Відділ позашкільної освіти Міністерства Освіти України. У цей час Софія Русова працювала над розробкою та практичним здійсненням програми розвитку національної системи освіти, організацією педагогічних видань, зокрема часопису «Вільна українська школа». Плідним виявився 1918 р., коли вийшли друком кілька її наукових праць, що й сьогодні не втратили своєї актуальності, серед яких «Дошкільне виховання», «Перша читанка для дорослих для вечерніх та недільних шкіл», «Методика колективного читання», «Позашкільна освіта: Засоби її переведення». Пізніше активною була її громадська й педагогічна діяльність у Кам'янці-Подільському по підготовці та виданню українських дитячих книжок та журналу «Ранок».

Четвертий період наукової біографії Софії Русової припадає на період її життя у вимушеній політичній еміграції (1921–1940). Після перемоги більшовиків і початку страшного терору в Україні проти національно свідомої інтелігенції, Софія Федорівна змушена була емігрувати спочатку до Львова, пізніше до Відня, а згодом переїхала до Чехо-Словаччини, яка стала місцем згуртування української інтелігенції. Тут вона працювала професором кількох українських

навчальних закладів й написала свої визначні праці «Дидактика», «Сучасні течії в новій педагогіці», «Мої спомини», «Моральні завдання сучасної школи», «Наші визначні жінки», тощо. Проаналізувавши праці педагогічної тематики цього періоду, можна дійти висновку, що на її думку гармонійна людина може розвинутися за умов національного й індивідуального виховання, відповідного вимогам часу. До найважливіших складових педагогічної концепції Софії Русової можна віднести гуманізм, демократизм, народність, загальнолюдські цінності, соціальна обумовленість виховання, особистісно орієнтований підхід.

Крім науково-педагогічної діяльності, життя Софії Русової було наповнено активною громадською діяльністю, зокрема вона брала активну участь у роботі українських жіночих організацій. Від початку 20- років XX ст у Гаазі відбулися збори Інтернаціональної Жіночої Ради, куди Українська Жіноча Рада делегувала Софію Федорівну й до кінця свого життя вона була активним учасником міжнародного жіночого руху. «Треба тепер, щоб Русова цілу Європу об'їхала й розповіла про ситуацію в Україні»,— говорив свого часу Симон Петлюра. І вона несла світові правду про соціально-політичні й культурно-освітні події, розповідала про голод, політичні репресії, русифікацію в радянській Україні.

Померла Софія Русова 5 лютого 1940 р. в Празі, проживши змістовне життя, поширюючи до своїх останніх днів педагогічні ідеї, а також ідеї гуманізму, просвітництва й національного патріотизму. Її поховано на Ольшанському цвинтарі Праги й українці всього світу, відвідуючи місце вічного спочинку, пам'ятають про її діяльність.

Після відходу у вічність Софії Русової, серед світового жіноцтва спостерігалось вшанування пам'яті визначної особистості, свідченням чого є присвоєння у 1943 році її імені відділу Союзу Українок Канади в Торонто (Етобікок) при Українському православному соборі Св. Димитрія.

Варто відзначити, що в Україні вшанування пам'яті Софії Русової стало можливим тільки в 90-х роках минулого століття після проголошення Української незалежної держави. У цей час в с. Олешня проведено реконструкцію будинку, де народилася й жила Софія Русова, у Олешнянській сільській школі відкрили її світлицю-музей. Також тут було відкрито оздоровчий та науково-методичний центр на базі садиби Софії Русової, який став осередком виховання й освіти дітей за методикою визначного педагога. Створений Благодійний фонд ім. С. Русової. У 2005 р. Міністерство освіти і науки України запровадило нагрудний знак «Софія Русова» для нагородження наукових, науково-педагогічних і педагогічних працівників за значні особисті успіхи у галузі дошкільної та позашкільної освіти. А з нагоди 160-річчя від дня народження Софії Русової Національним Банком України було введено до обігу ювілейну монету, присвячену цій даті. Певною мірою розвитку русознавства та вшанування пам'яті Софії Русової могла б сприяти підготовка історичного нарису про діяльність Відділу Софії Русової Союзу Українок Канади при Українському православному Соборі Св. Димитрія в Торонто, починаючи від 1943 р. й до сьогодні, а також оприлюднення споминів довголітніх членкинь товариства, поповнення фактичними та біографічними даними про напрями та види діяльність цього громадського осередку, поширення біографічної інформації активних її діячів. Цікавою може стати іконографія членкинь у хронологічній послідовності їх діяльності. Відділ Софії Русової СУК дійсно має свою цікаву історію, варту уваги для широкого оприлюднення в ювілейні роковини Софії Русової, видатної діячки світового рівня.

ТаїсіяКівшар, Олеся Заремба

Editor's Note: Here is Part II of the first in a series of articles describing Ukrainian women after whom we have named our Branches. The UWAC Branch at St. Demetrius UOC in Toronto-Etobicoke, Ontario is named after Sophia Rusova. Compare with the Ukrainian text to improve your Ukrainian (or vice versa)!

Sophia Rusova, Venerable Ukrainian Educator (1856 – 1940)

The second major period in Sophia's life spans 1909 to 1916. In 1909, Oleksandr Rusov got invited by the Kiev Commercial Institute to teach statistics, so he returned with his family to Ukraine. At this time, Sophia actively cooperated with educational organizations, became a member of the Chernihiv "Prosvita" Society and later became secretary of the "Prosvita" executive council in Kiev, where she tried to organize the publishing of educational books. She corresponded with Boris Hrinchenko, President of Kiev "Prosvita", who resided in Italy due to health issues. After the "Prosvita" Society in Kiev was outlawed, Sophia tried to save its educational publications and property. (In the 1920's, when analyzing these events, she wrote: «At the beginning of the twentieth century, "Prosvitas" were persecuted by the Russian government and almost all were closed.») From 1910 to 1914, Sophia helped found the educational magazine "Svitlo " ("Light"), which published her articles about school and after-school education. This magazine was a leading Ukrainian pedagogical journal. Sophia was heavily involved in establishing Ukrainian pedagogical periodicals.

From 1909, she was a Professor in Kiev, teaching some higher education courses for women (named for A. Jekulina) and teaching at the Frebeliv Pedagogical Institute, which prepared educators. Later, she became a member of the staff of the Teachers' Commercial School. At this time, Sophia studied foreign educational research and educational systems in the rest of Europe, and she tried to implement some of these same concepts into education in Ukraine. In 1915, Sophia lost her husband, who died in Saratov, the place to which the Kiev Commercial Institute had been evacuated during the First World War. The third period of Sophia's life extended from 1917 to 1921, when she was actively involved in helping to establish the Ukrainian National Republic and the "Tsentralna Rada" (Central Executive Council). She chaired the Department of Afterschool education at the Ministry of Education in Ukraine. At the same time, Sophia worked on developing and implementing the national educational system, publishing pedagogical research, especially in the review «Vilna Ukrainska Shkola» (Free Ukrainian School). In 1918, she published several of her research studies, still relevant to today's education, such as «Preschool Education», «A Primer for Grown-Ups at the Evening and Sunday Schools», «Methods of Collective Reading», «After-school Education: Methods of Implementation». During this period, she was actively involved in public and pedagogical activities in Kamyanetz- Podilskiy, preparing and publishing Ukrainian children books and the journal «Ranok» (Morning).

1921 to 1940 marked the fourth major period of Sophia's life. After the bolshevik victory, a period of terror occurred in Ukraine. Ukrainian patriotism was attacked, as were the intellectuals of Ukraine. Sophia had to emigrate, first to Lviv and later to Czechoslovakia, which became a destination for fleeing Ukrainian intellectuals. There, she worked as a professor in several Ukrainian educational establishments and wrote her significant works «Didactics», «Modern Movements in the New Pedagogy», «My Memories», «The Moral Demands of Modern Schooling», «Our Prominent Women», etc. Both a national/communal and an individual upbringing were required to produce a well-rounded individual. Sophia's concept of a good education embraced humanism, democracy, patriotism, general human values, a social context and an individual approach to learning.

In addition to being active pedagogically, Sophia was involved in public activities, for instance, she took an active part in the work of Ukrainian women's organiza-

tions. From the early 1920's, when she represented Ukraine at the International Women's Council convention in Gaza, until the end of her life, she was an active participant in the international women's movement. Simon Petlura, famous Ukrainian politician and national leader, was heard to say, "It is important to send Rusova all over Europe, so that she spreads the word about the situation in Ukraine." Sophia Rusova told the world the truth about socio-political and cultural-educational events in Soviet Ukraine. She talked about hunger, political repression and russification.

Sophia Rusova died on February 5, 1940 in Prague. She had spent her life promoting the ideas of modern pedagogy, humanism, enlightenment and national patriotism. She was buried in the Olshansky cemetery in Prague and Ukrainians from all over the world continue to visit her grave, remembering her.

After her death, woman the world over honoured her memory. One such act was the naming after her in 1943 of the Branch of the Ukrainian Women's Association of Canada at St Demetrius Ukrainian Orthodox Church in Toronto-Etobicoke.

Celebrating Sophia Rusova's memory in Ukraine became possible only after Ukraine's independence in 1991. At this time, in the village of Oleshnya, the house where Sophia was born and lived was renovated. A museum was opened in Oleshnya's school. The historical-cultural complex, "Sophia Rusova Manor and Museum", also serves as a methodological center to educate children based on Rusova's methods. A Charitable Fund named after Rusova was created as well. In 2005, the Ministry of Education and Science of Ukraine introduced the "Sophia Rusova" badge as an award for scientific and pedagogical achievements in preschool and afterschool education. To celebrate the 160th anniversary of her birth, the National Bank of Ukraine introduced a commemorative coin in her memory.

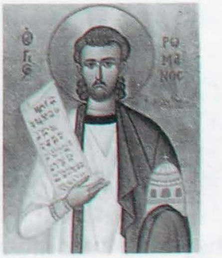
To contribute to "rusoznavtsvo" and to honor Sophia's memory, it would be useful to prepare a history of the Sophia Rusova Branch, including biographies of the members, memories of long-term members and a record of the Branch's activities and its successes in preserving Ukrainian culture and spreading it beyond Canada's borders. The Ukrainian Women's Association of Canada, Sophia Rusova Branch at St. Demetrius Ukrainian Orthodox Church has an interesting and unique history, worth sharing.

Taisiya Kivshar, PhD and Olesya Zaremba

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

Alberta Benevolent Cantor Association
11837 – 66 Street
Edmonton, Alberta T5B 1J2
Telephone (780) 990-0019
info@albertacantors.ca
www.albertacantors.ca



St. Romanus, the melodist

St. Joseph's Seniors' Home Annual Birthday Party, October 2015 Sonia Sokyrka, Cec Kachkowski, Anita Slobodzian, Mary Humen, Lesya Foty

NEWS FROM OUR BRANCHES

UWAC HANKA ROMANCHYCH BRANCH Saskatoon, SK

Hanka Romanchych UWAC, under the auspices of All Saints UOC in Saskatoon has had a very busy year, which culminated in the annual year-end Super Salad Supper, on June 13th, 2016. On a regular basis, besides holding two Bake Sales at Christmas and Easter, the women provided lunch & entertainment at St. Joseph's Seniors' Home annual birthday party in October, and held a Seniors' Appreciation at Ilarion Residence in February for their loyal volunteers. In February, they held their membership Tea honouring members for their long service and welcoming some new members. Before the program and luncheon, they also held a Panakhyda for their deceased members served by Rev. Peter Wasylenko.

At the Super Salad Supper, Woman of the Year recipient, Anita Slobodzian, was honoured. The woman of the year is chosen by all members casting a vote by secret ballot. Anita was a very worthwhile recipient. She has given many years to our organization, serving as Treasurer. The Supper is a fun way to end the year, as each woman brings a different salad, and we celebrate the end of the church year with the Olha Kobylianska branch from the Cathedral. The evening ends with good food, wine, a few good stories and a 50/50 draw. At the end, everyone joins hands in the singing of "Де згода в родині". We must thank all our women for working so diligently for our UWAC and our church, as we would not be able to do the things we do, without them.

Sonia Sokyrka, Communications

.

Above: *Woman of the Year, Anita Slobodzian; Mary Humen, President, June 2016*

Above: *Paska making—Cec Kachkowski, Alice Prociuk, Carol Kindrachuk, Sonia Mysak*

Below: *Christmas Tea, December 2015*

Above: *Panakhyda deceased UWAC members, February 2016*

Right: *Easter Tea & Bake Sale, March 2016*

Bernice Mysak, Celebrating 100 Years

UWAC MEMBER IN SASKATOON, BUCHANAN AND CANORA

The Bernice Mysak was surrounded by those she loved as she celebrated her 100th birthday on May 14, 2016 at the Ilarion Residence in Saskatoon, Saskatchewan. Her immediate and extended family were delighted to be able to toast, sing and visit with "Mom", "Baba", "Super Baba", " Auntie" and "Bernie".

Bernice was born to Joseph and Mary Ortynsky on May 16, 1916 at the family farm near Veregin, Saskatchewan. Like many children of her era, she was expected to help with farm chores, go to school and celebrate her faith. Her parents were adamant that all the children have a good education. Thus, Bernice moved to Saskatoon, staying at P.Mohyla Institute in order to complete Business School. At Mohyla, she met her future husband, Walter Mysak. She was also privileged to become National Dominion CYMK Queen in 1937.

Walter and Bernice were married at Mazeppa Church near her parents' farm in September, 1940. They initially established roots in Buchanan, Saskatchewan. Their three children were born here: Donna Dagnone, David (deceased), and Marlene. Bernice was the founding president of the Buchanan Branch of UWAC.

The family moved to nearby Canora in 1953. The children completed their elementary and high school there. All were involved in the community and the Holy Trinity Ukrainian Orthodox church, practiced their faith, and belonged to the church's lay organizations. Bernice became an honorary member of the Maria Marcovich UWAC Branch in 1992 for her contributions to UWAC, including holding executive positions, assisting with extensive catering at Rainbow Hall (Narodny Dim) and youth and cultural activities. Accumulating the years since her initial membership in Saskatoon, Buchanan and then Canora, she has been associated with UWAC for 75 years. Today, Bernice is still an active supporter of the Ukrainian Museum of Canada.

Bernice's family has always been her first priority. Bernice and Walter were fortunate to have many of their family in Canora. This meant frequent family get-togethers, support for elderly parents and support during times of a family challenge. Family remains a priority for the extended family and Bernice helped to foster Ortynsky and Chocholik reunions. She herself researched many of the family roots and now with other family members there is good documentation of these two families. Bernice has delighted in being "Baba" and "SuperBaba" and still wants to treat the kids when they visit. She is blessed with 6 grandchildren, 9 great-grandchildren and 1 step great- grandson.

Bernice currently resides at Eldercare Personal Care Home in Saskatoon, Saskatchewan.

Marlene Mysak

Administrator's Corner

Dear PROMIN Subscribers,

Some Soyuzanky, friends or family members may be wondering why they did not get their magazine this month. Unfortunately, they will not get this message, as they will not receive this August/September copy of PROMIN. Please inform them of the following:

I have received many subscription renewals that covered arrears for past issues (up to seven years in fact!) and I thank you very much for bringing your accounts up to date. You have checked the expiry date on the Promin mailing address label and have realized when your subscription should expire.

UWAC National Executive has made the decision to keep the subscription rate, for now, at $25.00 per year in Canada, even though it barely covers our expenses. Your generous donations to our Press Fund are sincerely appreciated and needed. Our mailing cost to the United States is very high and the rate has been changed to $50.00 CAD per year. We can no longer afford to offer PROMIN to subscribers overseas. If you have family or friends outside of Canada and the USA, you might wish to have an additional copy sent to you that you can forward with your personal mail or parcels.

I have updated the PROMIN database. All subscriptions expiring before August 2015 have been marked as inactive. ****PLEASE CHECK YOUR LABEL****. If your renewal date is from Aug-2015 to Jul-2016, your subscription has expired and you are receiving this issue at our expense. I will update the mailing list again prior to the October-November 2016 issue and your name may be removed if we have not received your payment.

Thank you again for your subscription renewal cheques, your memorial donations and for spreading the word about our decision to do this major update of the readership database. You are welcome to call or email me with any questions or concerns you may have.

Your Sister in Christ,

Betty Corlett, Promin Administrator

bettycor@telus.net , 780-932-9727 cell, 780-462-9727 home

SIX THINGS YOU SHOULD KNOW

ABOUT THE EASTERN ORTHODOX CHURCH

PART TWO

THE SECOND THING YOU SHOULD KNOW ABOUT THE EASTERN ORTHODOX CHURCH: ORTHODOX CHRISTIANS VENERATE ICONS

When you enter an Orthodox church, you see a profusion of images: the icon of Jesus Christ the Word made flesh, an icon of the Virgin Mary, icons of the angels and icons of the saints. (Icon comes from the Greek, eikon, image.) On the other hand, when one enters most Protestant churches, one sees an austere absence of images.

What accounts for the stark difference between Orthodox and Protestant – and increasingly Roman Catholic - worship experience? Why did they diverge into two different worship traditions? Part of the answer can be found in the Protestant Reformation. The great reformer, Martin Luther (1483-1546), an Augustinian monk and theologian who came to reject several teachings and practices of the Late Medieval Catholic Church, was actually quite tolerant of images in churches. But John Calvin (1509-1564), a much more radical and controversial pastor in the Reformation, denied the possibility of knowing God through the created world – to which, of course, icons belong - and it's probable he never saw an icon in his life.

After much turmoil in its own world, Orthodox Christianity stood and stands by the decisions of the Seventh Ecumenical Council, 787, convoked in Nicaea (modern Iznik, Turkey). It was here that the Church decisively affirmed the use of icons for worship. It was here that icons were recognized as being an integral part of liturgical worship and of the historic Christian Faith.

This was affirmed by Orthodox theologians, such as St. John of Damascus (675 – 749) a Syrian monk and priest, said to have served as a Chief Administrator to the Muslim caliph of Damascus before his ordination. He wrote works expounding the Christian faith and composed hymns which are still used both liturgically in Eastern Christian practice throughout the world as well as in western Lutheranism at Easter. In fact, he is considered by far the most prominent and most poetical of all the Greek Christian poets.

Considered a Doctor of the Church in the West and a Church Father in the East, he is best known for his strong defense of icons, images which emphasize the subject's holiness rather than humanity.

He said, "We do not worship the icon; we venerate the person who is represented on the icon." It is not idolatry because it is not worship of the object. It is veneration of the saints. He said: "The whole earth is a living icon of the face of God." This is ultimately because of the reality of the Incarnation of the Word.

Defenders of images never tire of repeating that the Son of God really became human: the Invisible, Unknowable and Indescribable became visible, knowable, and describable in flesh.

I once interviewed Robin Cormack, historian of Byzantine art, in Cambridge, UK.

"I think it's quite difficult to think oneself back into the world where you are completely surrounded by the visual," he told me. "And since the aim of everyday life was to live the good life according to the principles of the New Testament, then you needed to believe in those, to see those, and icons were an extraordinary help towards making you think that Jesus existed, these events happened, and they prove the truth of the Christian religion."

But within Orthodoxy itself, in 730, a hundred years after the founding of St. Sophia, the era of the Iconoclasts, the Icon-Smashers, shook the Eastern Christian world during which, in the Great Church itself, books were ripped apart and icons chopped into pieces .It was a bitter, even violent, confrontation between theological doctrines concerning the meaning of the religious image. It began when Emperor Leo III banned all figural images in Byzantine churches. The ban continued for a century.

Interestingly, the Western church remained firmly in support of the use of images throughout the period, and the whole episode widened the growing divergence between the East and Western traditions in what was still a unified church.

But the Iconoclasts lost the battle – perhaps it was as simple as the fact that the masses of people loved their icons and wouldn't give them up. Their restoration in worship is celebrated on the first Sunday of Great Lent as the Sunday of Orthodoxy or the Triumph of Orthodoxy. And now the very mark of being an Orthodox Christian is the veneration of icons.

Myrna Kostash

UKRAINE'S EDUCATION MINISTER VISITS CANADA

Panel Discussion on the Ukrainian Bilingual Program in Alberta

Edmonton, AB – May 16, 2016

An interesting panel discussion took place in Edmonton last May. A most distinguished visitor to Canada, the Honourable Liliya Hrynevych, Minister of Education for Ukraine, took part in the discussion, along with Alberta school adiministrator, Melody Kostiuk (Edmonton Public Schools); President of the Alberta Foundation for Ukrainian Education Society, Vlodko Boychuk (Elk Island Catholic Schools educator); Ukrainian Bilingual Program teachers, Luba Eshenko and Daria Porochiwnyk; Ivan Franko Saturday School teacher, Olia Mytz, and parent, Marian Gauk (Ukrainian Bilingual Language Association).

The following topics were discussed: What can be done to motivate Ukrainian language learning in Alberta? What might constitute new support for both the Ukrainian Bilingual Program in Alberta and for Ukrainian Saturday Schools (Рідні Школи)?

Admission to the event was by donation to the Holodomor Mobile Classroom Project sponsored by the Canada Ukraine Foundation. For more information on this project please visit www.holodomortour.ca.

The Honourable Minister was introduced by Olesia Luciw-Andryjowycz, President of the Ukrainian Canadian Committee-Alberta Provincial Council. Liliya Hrynevych received her PhD in Education in 2005. She has been a Member of the Ukrainian Parliament since 2012, chairing the Committee on Education Policy for Kindergarten to Grade 12 for the past four years. She participated in the Maidan Community University in 2014 and was recently appointed Minister for Education. The Minister is fluent in both Ukrainian and English and addressed those gathered in both languages. She was accompanied by Olena Hartsula, Ukrainian Language Advisor, International Education Services, Alberta Education.

It was noted that due to the recent influx of Ukrainian immigrants to Canada, the level of Ukrainian of Alberta's Ukrainian Bilingual Program has risen. It is now more difficult, however, to integrate longtime Ukrainian Canadians into the program. The program was phased out of public schools in Edmonton but still exists in Edmonton Catholic Schools.

The Ivan Franko School of Ukrainian Studies is now fifty years old and enrolment has increased to 86. For more information about the program, visit www.shkola.ca.

Alberta teachers noted that the following have helped to promote Ukrainian language learning: Zephyr (a common European framework for learning a language), authentic student exchanges with Ukraine and the Lviv University Exam which provides a standard and an acknowledgement of students' proficiency in the language. Financial support is indispensable to sustain and enhance Ukrainian language learning in Alberta. Currently, financial resources in Ukraine cannot be committed to education, as there are other pressing priorities—the war in Eastern Ukraine, economic turmoil, etc. However, the Honourable Liliya Hrynevych encouraged Albertans to lobby

and advocate for more opportunities for teacher collaboration within Canada and with teachers from Ukraine. She would like to see Alberta develop contemporary, modern resources for learning Ukrainian which would foster interactive learning and textbooks for beginning and intermediate level learners of Ukrainian prepared by Ukrainian Canadian educators with the advice, resources and collaboration of teachers from Ukraine. Such collaborative efforts would have to be financed by Canadians.

The Minister mentioned that Ukrainian teacher training during the summer is available at Lviv University and Canadian teachers should be encouraged to take these courses.

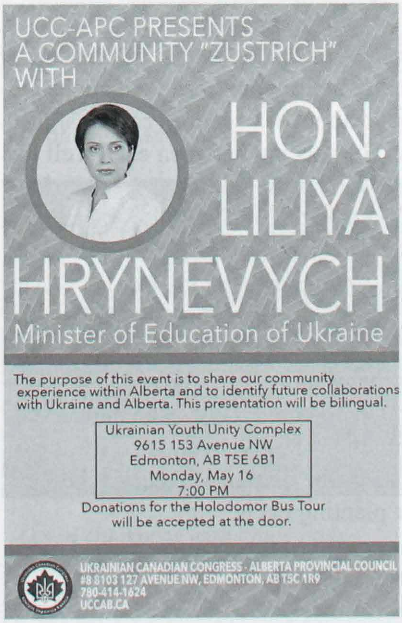
She also favours graded, internationally-recognized tests for Ukrainian language proficiency which teachers from Ukraine could help to prepare alongside their Canadian colleagues.

She will work to create a law presenting Ukrainian as an international language, despite the tremendous Russian influences in Ukraine.

Generally, the Honourable Liliya Hrynevych assured those present that Ukrainian educators are prepared to share their knowledge and resources with Canadian teachers and look forward to future opportunities to do so.

Leona Bridges

Above opposite: *Minister;*
Below left: *Left - Olena Hartsula, Right - Minister;* ***Below right:*** *Olia Mytz, Daria Porochiwnyk, Luba Eshenko, Olena Hartsula, the Honourable Liliya Hrynevych, Vlodko Boychuk, Marian Gauk;*
Bottom: *Poster Zustrich*



Erin Haugen
Visual Artist

www.erinhaugen.weebly.com

Blog:
www.erinhaugen.blogspot.ca

Facebook:
www.facebook.com/erinhaugenart

St. Paul, AB
587-252-3410
ehaugen@hotmail.ca

Image: *Epitome*, Acrylic on Canvas.

The 2016 International Year of the Pulses (IYP) in Canada:

Growing, Harvesting, and Cooking Garbanzo Beans, Lentils, Broad Beans, and Peas (Part 2)

Content. In part one of this series of articles, I defined pulses, included photos of some pulses and shared growing, harvesting, and cooking instructions for dried beans. In this article, I will include the cultural requirements[i] for growing chickpeas, broad beans, lentils, and drying peas. I will also share culinary information and recipes featuring all four pulses.

Latin Names. The following five pulses are distinguished by their Latin names. Chick*peas* are also known as garbanzo *beans*. Although both "peas" and "beans" here refer to the same plant, this pulse belongs to a family of its own. The Latin name for chickpeas is *Cicer arietinum*. Broad beans, sometimes called favas, have the Latin name *Vicia faba*. The Latin name for lentils is *Lens culinaris*; for dry peas, *Pisum sativum*; and for dry beans, *Phaseolus vulgaris*.

New World and Old World Legumes/Pulses. New World pulses (*Phaseolus vulgaris*) include beans such as lima beans, kidney beans, cannellini beans, pinto beans, and barlotto beans, and were introduced to Europe by the Spaniards when they returned from Mexico and the Americas in 1492[ii]. These are all warm-season crops planted right at the last spring frost date or a week or two before.

The Old World Pulses include chickpeas, broad beans, lentils, and peas. Archeological evidence of the cultivation of these crops dates back to as early as 7,000 BC in the areas of Turkey, Iraq and Syria[iii]. Although these crops are commonly grown in the Middle East, the Mediterranean, North Africa, India, and Greece, they are adaptable and can be grown as a winter crop in warmer climates or planted as cool-weather crops in the temperate zone.

Chickpeas

Varieties. If you live in an area with a shorter growing season, plant Orion chickpeas. This variety is a Kabuli chickpea that was developed by the University of Saskatchewan and is suitable for our shorter growing season. It is available from T&T Seeds catalogue. Orion chickpeas require only 75 days to reach maturity compared to other varieties requiring up to 100 days. Salt Spring Seeds has a number of other varieties for planting.

Planting. Chickpeas can be planted two or three weeks before the last spring frost date. I planted my chickpeas at the same time as I planted my peas and broad beans. With my hoe I indented a well about 2-3 inches deep, dropped about 4-5 seeds per well, and covered the seeds. The spacing between each well in the row was about 8 inches. Soaking the seeds before planting is not recommended. Full sun is better than a partially shady site. The plants grow from 18 to 24 inches in height and have either white or violet blooms, depending on the variety planted. If planted slightly crowded together, the plants will support each other and will not therefore require support. The leaves look like vetch and are edible. The pods are swollen and short and have only one or two seeds per pod. To prevent soil-borne diseases, experts recommend a three-year planting cycle.

Harvesting. Avoid picking chickpeas in wet

Orion chickpeas -
Photo by Vivian Skakun

Chickpeas with white blooms-
Photo by Vivian Skakun

Orion chickpeas with green pods -
Photo by Vivian Skakun

weather as this encourages diseases. Chickpeas can be picked green, shelled, steamed, and served or can be harvested when the leaves have turned brown. The pods will split when they are dry, so it is better to place the pulled plants on a flat surface to allow the pods to dry. When the pods split, collect them.

Recipe for Chickpea Hummus

Ingredients:

1 can (540 ml or 2 cups cooked) garbanzo beans, rinsed
1/3 cup sesame tahini
1/3 cup lemon juice
3-4 cloves garlic crushed
½ cup fresh chopped parsley (or 1/3 cup frozen parsley)
Water to thin as you are processing in a food processor

Method:

Put all the ingredients into a food processor or blender and purée. Add about ¼ cup water per cup of beans to achieve the right consistency. Empty the purée into a container, smooth the top, and pour olive oil over it to cover the entire surface. Some recipes suggest blending the oil into the hummus. Serve with pita wedges.

Broad Beans

Varieties. Prairie Garden Seeds lists many varieties of seeds. Broad beans will cross-pollinate. To prevent this from happening, you must isolate different varieties of broad beans or plant them a minimum of 330 feet (100 meters) apart.[v] For the purposes of small local gardens, this is not practical. Growing one variety per year is more practical for those interested in experimenting with different varieties of broad beans.

Planting. Broad beans can be planted as soon as the soil can be worked, as they can withstand temperatures as low as 45° F. The plants grow about 3-4½ feet tall and require staking, as they will fall over otherwise. Hilling them up may help. The flower is white with a dark blotch. They produce a pod that is about 6-8 inches long with 4-6 large seeds, depending on the variety. When choosing seeds, select seeds according to your growing season. Suggestions for a short growing season (80 days) include Express, Loretta, and The Sutton; for long growing season (90 days or more), Aprovecho Select, Aquadulce, Imperial Green Longpod, Jumbo, and Masterpiece.[vi] The most common seed available at local garden centres is Windsor.

Choose a location that is sunny. Package instructions suggest

Dry broad beans - Photo by Vivian Skakun

Flowering broad beans - Photo by Vivian Skakun

that the seeds be planted two inches deep and 6 inches apart, in rows that are three feet apart. I prefer to plant four seeds in an indented well about 8 inches apart and to cover them with two inches of soil.

Harvesting Broad Beans. Broad beans can be harvested as a shelling bean when the pods are swollen, barely showing the seed, and when the scar on the seed is white or green. Pick the pods, shuck the seed from inside the pod, rinse, and steam for 4 minutes or until tender. Growing up on the farm, we always harvested the beans when they were dry. When shelled, these black pods had tan seeds inside, marked with a black scar. We did not take the outer leathery skin off the bean. I experimented with peeling the leather skins off the kidney seeds, then dressing the beans. The recipe follows.

Broad Beans with Sautéed Onion and Garlic Olive Oil

Ingredients:

2 cups dry broad beans
1 onion
6 tablespoons olive oil
3-4 cloves garlic
Salt to taste

Method:

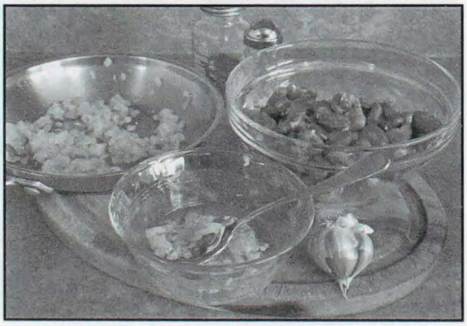
Soak the broad beans in water for about 12 hours. Drain, rinse, and simmer in 6 cups of water until the beans are tender. This may take about 2 hours. When the beans are tender, drain and cool. To remove the leathery skin from each seed, slice each seed at the scar and squeeze out the inner seed. Continue until all the seeds are skinned. Dress the skinned broad beans with sautéed onion cooked in three tablespoons of olive oil and add the garlic sauce made of seasoned crushed garlic in three tablespoons of olive oil. Serve.

Lentils

Lentils are not a common seed found in garden catalogues. They are much more common as a field crop. However, if you like to experiment with different plants in your garden, it does not hurt to try growing lentils.

Varieties of Lentils. Premium varieties of lentils are the Black Beluga lentil, the green lentil from Le Puy, France, called the Puy lentil, the Umbrian lentil grown on the Castelluccio plains in Italy[vii] and the Pardina lentil from Spain. These four lentils are suitable for salad because they hold their shape

Parchment skins slipped off cooked broad beans - Photo by Vivian Skakun



Sautéed onions, crushed garlic in olive oil, skinned broad beans ready to dress and season - Photo by Vivian Skakun

when cooked. But the most common lentil is the rustic lentil that is either brown or green. These lentils are bigger and flatter than the premium varieties. Other varieties of lentils include Red Chief, Eston green lentil, Laird, Petite Golden, and Petite Crimson, to name just a few.[viii] Lentils that are hulled and split cook up more quickly into a

mush and can be added to soups and many other recipes.[ix]

Growing Lentils. I have never grown lentils. From my research, I know that these little seeds are possible to grow in areas with a growing season of 80-110 days. Lentils are a cool-season crop that can be planted two weeks before the last frost date in spring. The blossoms are white or a light purple shade and the seed is lens-shaped, growing two per pod. If you are interested in experimenting with growing lentils, Salt Spring Seeds has different varieties of lentils.

Cooking Lentils.[x] After I cleaned the lentils, I soaked them for about one hour. It is not required, but I find that if the lentils are soaked, cooking time is reduced. I drained the cooked lentils and proceeded with the recipe. I do not know the source of the following recipe, as it is one that my sister-in-law, Debbie, shared with me many years ago.

Lentil Soup

Ingredients:

2 cups dry green lentils, soaked and cooked according to package directions
2 tablespoons olive oil
1½ cups chopped onion
1½ cups chopped celery, including celery leaves
2 cloves garlic, chopped
3½ cups stewed tomatoes
6 cups water
3 low-sodium vegetable bouillon cubes
1 teaspoon paprika
1 teaspoon chili powder
1 teaspoon cumin
2 teaspoons salt
¼ teaspoon pepper
A few flakes of crushed red chili pepper
2 tablespoons lemon juice

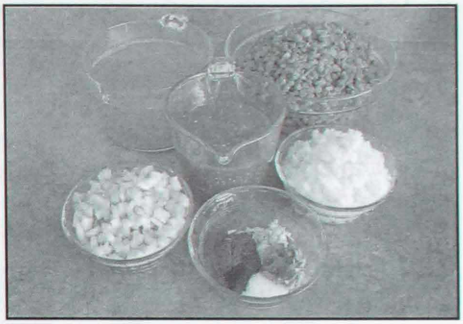
Method:

Clean and rinse 2 cups of lentils. Soak for one hour. Add the rinsed lentils to 7 cups of water. Bring to a boil. Cook until tender. Drain the lentils. Sauté the onions, celery, and garlic in 2 tablespoons of olive oil in a Dutch oven. Add the cooked lentils, the seasoning, bouillon cubes, celery leaves, water, and tomatoes. Cook until tender. Add 2 tablespoons of lemon juice and season to taste. Serve with garlic croutons and a sauce of crushed garlic, salt, and olive oil.

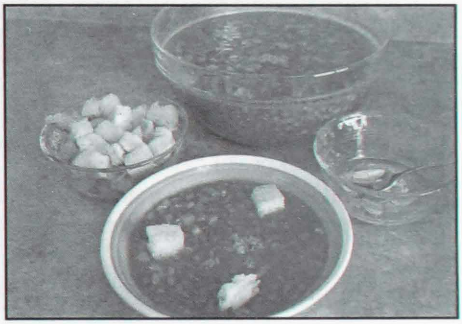
Drying Peas

Varieties. King Tut Soup, Blue Pod Capuchijners Soup, Swedish Red, St. Hubert, Darlaine, and Zeiner's Gold seeds are available from Salt Spring Seeds, Prairie Garden Seeds and Terra Edibles seed catalogues, just to name a few.

Planting. I prefer to plant my peas in wells the width of my hoe, about 6 inches apart. I drop 6-8 seeds in each well and cover the seeds about two inches deep. I make two rows back to back. Between each row, we roll out a chicken-wire fence with small posts stretched and secured.



Ingredients for lentil soup - Photo by Vivian Skakun



Lentil soup dressed with a sauce of garlic, salt and olive oil served with garlic croutons –Second Layer - Photo by Vivian Skakun

Lentil soup with condiments - Photo by Vivian Skakun

When the seeds come up, the plants will grow on either side of the fence. King Tut Soup and Blue Pod Capuchijners Soup grow more than the four-foot-high chicken-wire fence. We prefer to use a trel-

lis that can be secured in the ground between the two rows.

Harvesting Dry Pods. When the pods are dry, pick and shell the seeds. Winnow the seeds and store them in a cool, dark, and dry place. Be sure to record the name of the seeds and the date that you harvested them. Do not forget to cook, serve and enjoy your harvest throughout the year.

Cooking with Peas. I will share two soup recipes with you. The source of the "Yellow Split Pea Soup" is from Pulse Canada, Cooking with Pulses: Beans, Peas, Lentils & Chickpeas (2016), p. 21. The second recipe is my version of Ham, Dry Peas & Kale Soup.

Yellow Split Pea Soup[xi]

Ingredients:

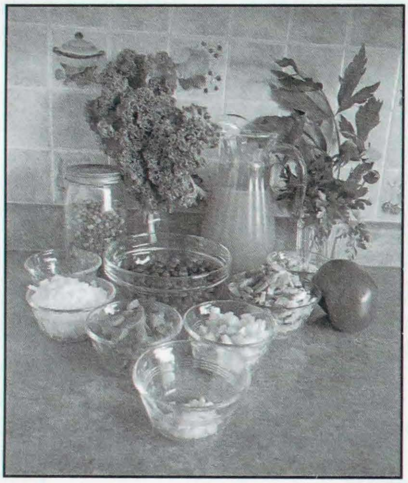
1 tbsp. canola oil
½ cup onions, chopped
1½ cups carrots, chopped
1 cup ham, diced
1½ cups dry, yellow split peas, cooked according to the package
2½ cups reduced-sodium vegetable broth
1 cup milk
Dash each of nutmeg, pepper, and salt

Method:

In a large stockpot, heat oil. Add the onions and carrots, and sauté vegetables until tender. Add ham and sauté until heated through.

Purée prepared split peas in a blender or food processor, adding vegetable broth ½ cup at a time as needed to achieve a puréed texture.

Add puréed peas to the stockpot, along with milk, any remaining vegetable broth, nutmeg, pepper, and salt. Continue to heat until desired temperature is reached.



Ingredients for ham, peas and kale soup - Photo by Vivian Skakun

Ham, Dry Peas, and Kale Soup

Ingredients:

1 cup dry peas, cooked (I use King Tut or Blue Pod Capuchijners)
1 large onion, chopped
1 celery rib, chopped
1 carrot, chopped
5 garlic cloves, chopped
1 large tomato
¾ cup corn, fresh or frozen
3 cups kale, shredded
3 leaves lovage
Sprigs of parsley leaves
3 tablespoons olive oil
1 tablespoon lemon juice
1¼ cup uncooked ham, slivered or diced
5 cups, or more, pork broth (see recipe below)

Method:

Making the soup. In a heavy pot, add olive oil and sauté the onion until it is translucent. Add carrots, celery and garlic and continue to sauté for a few more minutes. Stir, adding ham, corn and cooked dry peas. Add the pork broth. Bring it to a boil and simmer. Add the finely shredded kale, a chiffonade of three leaves of lovage, and chopped parsley. To peel the tomato, dip it in hot water for a minute, cool it in cold water, take the skin off, dice it and add the tomato to the soup. Season to taste with salt and pepper. Add lemon juice if desired. Cook until the vegetables are tender. Serve.

Cooking Dry Peas. Choose a smooth-skinned green or yellow dry pea. If you have grown your own, such as the varieties mentioned in the article above, use those. Soak the peas in water overnight or about 12 hours. Rinse them and then simmer the peas until they are tender. Drain.

To Make Pork Broth

Ingredients for Pork Broth:

1 slab side pork ribs
1 onion
2 bay leaves
1 stalk celery, diced and celery leaves
Carrots, diced
Garlic, chopped
Parsley
Salt

Pepper
¼ cup apple cider vinegar
(added to leach calcium out of the bones)
Water

Instructions for Pork Broth:

Pull the skin of the inside of the slab of pork ribs, cut into serving pieces, rinse, and cover with water. Bring to boil, reduce the heat to a simmer. Skim off the foam.

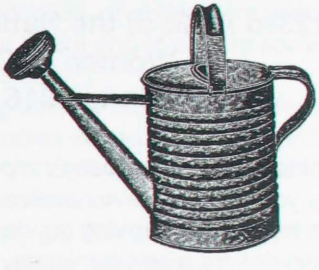
When the foam is all skimmed off, add all the other ingredients and simmer for a couple of hours or until the pork is tender. Remove the pork ribs. Strain the broth, refrigerate, and skim off the fat. Yield – 5 cups of pork broth.

Both making the pork broth and cooking the dry peas can be done a day before making the soup.

Additional Information. If you are interested in more detailed information about using pulses, such as their nutritional value, some cooking hints, and many more recipes, consult the sources in the footnotes.

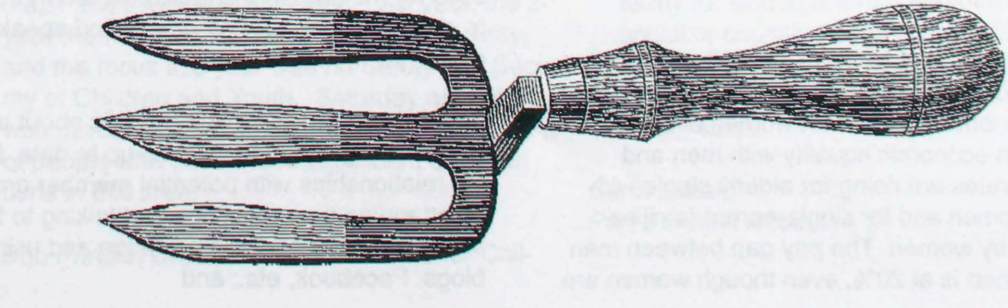
I hope you have added pulses to your menu and are enjoying them in many tasty dishes, including beverages, appetizers, and main courses, as well as baking. If you have, you are reaping many health benefits.

Vivian Skakun



---

[i] This term refers to the germination requirements, such as the temperature required for germination, specific light requirements, days to maturity, and its botanical name.
[ii] Vicky Jones, *Out of the Pod: Delicious Recipes That Bring the Best out of Beans, Lentils and Other Legumes* (London: Ryland Peters & Small, 2015), pp. 6-11.
[iii] Ibid, p. 6.
[iv] Deborah Madison, *Vegetable Literacy: Cooking and Gardening with Twelve Families from the Edible Plant Kingdom, with over 300 Deliciously Simple Recipes* (Berkeley: Ten Speed Press, 2013), pp. 376-377.
[v] Saskatchewan Pulse Growers, Saskatchewan Pulse Crops: Seeding and Varieties Guide 2016 http://proof.saskpulse.com/files/general/151223_Variety_Data_Booklet_FINAL(web).pdf, last consulted 19 June 2016.
[vi] Steve Albert, http://www.harvesttotable.com/2009/03/how_to_grow_broad_beans/, page consulted 04 April 2016.
[vii] Jenny Chandler, T*he Better Bean Cookbook: More than 160 Modern Recipes for Beans, Chickpeas, and Lentils to Tempt Meat-Eaters and Vegetarians Alike* (New York, Sterling Publishing 2014) pp. 253-254
[viii] Deborah Madison, *Vegetable Literacy*, pp. 352-358.
[ix] Jenny Chandler, *The Better Bean Cookbook*, pp. 253-254.
[x] Canadian Lentils, *Lentils: Cooking Made Easy With Lentils* (2015), www.lentils.ca or Email: info@lentils.ca.
[xi] Pulse Canada, *Cooking with Pulses: Beans, Peas, Lentils & Chickpeas* (2016), p. 21. For further information, write to Pulse Canada, 1212-220 Portage Avenue, Winnipeg, Manitoba, Canada R3C 0A5, phone 204.952.4455, email admin@pulsecanada.com, or consult the website at www.pulsecanada.com.



Part I

Report to the National Board of the Ukrainian Women's Association of Canada

on the 123rd AGM of the National Council of Women of Canada (NCWC) 9-12 June 2016, Saskatoon SK

President Karen Dempsey's report revealed a very busy year, as she gave numerous interviews on such topics as improving gender equality, suitable candidates for a new banknote, International Women's Day and access to justice. Citing NCWC policy, she wrote letters on such diverse issues as better maternity assistance, asbestos in government buildings, interpretation of the Nuclear Non-proliferation Treaty and the horrible proposal to bury dangerous nuclear waste near Lake Huron. She wrote the Annual Brief to Government and opposition parties and prepared a brief in January 2016 for the pre-budget meetings of the Ministry of Finance.

Rosemary Mallory of Vancouver represented NCWC at the meetings of the International Council of Women in Turkey in May, 2015. The Alison Hardy Journalism Bursary was awarded to Yung Park of Carleton University. The Society of Canadian Women in Science and Technology joined NCWC this year as a new member organization.

The treasurer reported that, since NCWC is a member of Volunteer Canada, we now get Officers' Liability insurance for about $1100 per year - a rate which is much lower than the usual cost for a nonprofit organization.

Highlights of interest to UWAC from the VP, Convenor and Council reports:

- Economics: Canadian women are falling behind in economic equality with men and poverty rates are rising for elderly single/widowed women and for single-parent families headed by women. The pay gap between men and women is at 20%, even though women are better-educated than men. A man with a high school diploma makes more than a woman with a BA or BS and the gap widens through the decades.
- Status of Women: Canada has been elected to be part of the governing body that sets priorities for the UN Commission on the Status of Women (UNCSW) for 2017-2021. The Hon. Patty Hajdu, Minister of the Status of Women, said that part of Canada's goal is to promote gender equality at home and abroad. At the 60th Session of the UNCSW in March, 2016, part of the NCWC delegation from Manitoba sponsored an event to publicize the problem of governments removing very large numbers of indigenous children from their families. Manitoba has the dubious distinction of having the highest rate of removal in the western hemisphere! Indigenous women are fighting this process by challenging the current system and using indigenous knowledge, law and tradition to create positive change.
- Health Care: A 2014 study showed Canada's health system ranked 10th out of 11 industrialized countries, due to cost, wait times and patient outcomes. Studies have shown that replacing the current maze of private/public drug plans with a national pharmacare plan would save between $4 billion and $11 billion of our current cost of $29 billion per year.
- Home Care: The Canadian Medical Association has made a national seniors' strategy a priority, and the federal government has promised $3 billion over 4 years to improve home care.
- The Ontario Provincial Council held a strategic planning session and identified three priorities and ways to achieve them:

a. Grow the organization by having VP's and convenors train others to take over their positions, finding skilled people to take over Board positions, targeting provincially-organized societies for membership and helping local councils to grow with ideas for programs and speakers to draw new members;

b. Raise awareness of the public about the Council by getting the website up to date, building relationships with potential member groups by attending their meetings and talking to them, improving internal communication and using blogs, Facebook, etc.; and

c. Raise our impact on government by meeting with MPP's and MP's regularly, connecting at local events where they are present and networking and partnering on programs and meetings.

Resolutions are always an important part of an NCWC AGM, since new issues arise and the President can speak to any issue only in terms of what policy we have researched, presented, debated and passed at AGMs.
This year, we passed resolutions dealing with:

1. Humane conditions for handling, living conditions, transportation and slaughter of animals;
2. A national strategy for dementia, including early diagnosis, treatment and prevention, support for caregivers and a continuum of care;
3. Removal of microplastic fibres and pellets from bodies of water;
4. Non-ionizing electromagnetic radiation and its possible health consequences to humans;
5. Paid internships related to certification and experience to be paid at no less than minimum wage;
6. Potable water on First Nations reserves to be provided, with accountability by them for the expenditures made;
7. An updated and adequately-funded HIV/AIDS strategy;
8. Abolition of the use of solitary confinement in federal prisons;
9. Support for a Basic Income Guarantee program and
10. Support for the UN's Agenda for Sustainable Development for 2030.

The NCWC Education Fund works with the NCWC on a common program, dealing with a major issue facing our society. Last year, the 2-year theme selected was Safety and Security, and the focus this year was on Safety and Security of Children and Youth. Saturday afternoon was devoted to exploring this issue with the help of people who have made significant contributions in this area.

Bob Pringle, Saskatchewan Advocate for Children and Youth, spoke eloquently on this topic and made the following points:

a. There's more global connectivity but less personal connection today, so our kids feel isolated.

b. There's more local, informal connectivity, including with people who hate them; so there's a growing problem with cyberbullying.

c. Youth are surrounded by fear – fear of bullying, of abduction, of abuse from various sources, of the future and of current society and their place in it.

d. Not taking time for thoughtful, in-depth debate on complex issues leads to agencies oversimplifying and devising too-simple "solutions" that do not work.

e. Youth today get little guidance from home or school on healthy food choices; the current corporate manipulation of food marketing results in poor options for them, poor choices by them and obesity.

f. Lack of critical services leads to great gaps in solutions for the needy.

g. Too many youth are falling through the cracks and are affected by great disparities of opportunity, education, employment, health care, et cetera;

h. There is far too little affordable housing; this is unforgivable in a country with over 6 months per year of temperatures under 8° Celsius, no matter where you live.

i. We're far too busy trying to address the issues separately when several issues usually are interconnected and we need to learn to combine our efforts so we can work more effectively with those in need.

j. There are many good pilot programs in Saskatoon and Regina but they remain localized or get phased out instead of extended into the rest of the province.

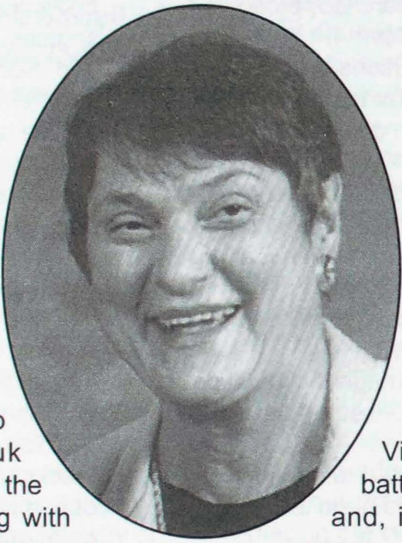
k. 40% of the children in Canada are not ready for kindergarten! They don't have the social or cognitive or physical skills needed to be successful with that curriculum. Do these children matter? "In Canada, every child must matter to us."

Carla Kozak
Part 2 in next issue...

КВІТИ НЕЗАБУТНІМ

In Memoriam

Victoria Ann Kereluk-Regehr (1943-2016)



It is with heavy hearts that the family of Victoria Ann announced her passing at St. Paul's Hospital in Saskatoon, SK on February 24, 2016.

Vickie was born on May 18, 1943 in Blaine Lake, SK to Steve and Mary Kereluk (Nemish). She grew up on the family farm in Hafford along with her brother, Edward. Vickie was an active member of CYMK, choir and school activities. She graduated from high school in 1962 and, in 1964, completed her training in radiology at Royal University Hospital. Her first job was as an x-ray technician in Yorkton, SK. Following this, Vickie returned to Saskatoon and worked at RUH for 36 years. She loved her job and was known for her professionalism and proficiency. Vickie was always respectful and considerate of everyone she encountered.

Vickie was also a member of the All Saints' Ukrainian Orthodox Church in Saskatoon and a devoted member of the Ukrainian Women's Association of Canada, Hanka Romanchych Branch at the parish. Her love of Ukrainian artifacts and treasures brought her closer to her roots, as she served on the board of the Ukrainian Museum of Canada. Serving on several committees and contributing to many charitable functions gave her the pleasure of many lasting friendships. Vickie was also a supporter of the Shevchenko Foundation and was a Kobzar Fellow.

Vickie fought a courageous battle with Multiple Sclerosis and, in later life, with ovarian cancer. She had no complaints and visitors were always met with a smile and her saying, "I'm fine!".

She is survived by her loving husband, Murray; stepdaughter, Chyrisse Regehr; Aunt Mary Nemish and many cousins and their families. The many friends who faithfully visited and called her were so special to her and appreciated by her.

Our member, Victoria, who was kind, compassionate and generous in heart and spirit has passed on into the loving arms of her Lord, Jesus Christ.
May her memory be eternal!

Вічная пам'ять!

Сестри-Союзанки Відділу СУК ім.
Ганьки Романчич
Саскатун, СК

Sophia Olga Dmytruk (1924-2016)

Sophia was born October 27, 1924 in Volyn, Ukraine. She had two sisters and two brothers. That made for a happy family. At age 16, Sophia was rudely taken away by German soldiers to Germany to work. Her parents were warned that if Sophia ran away, the Germans would kill the whole family.

In Germany, she was sent to a Polish concentration camp. For meals, she and others only had a bowl of soup once a day. She then went to work on a farm, which she commuted to daily, walking five kilometers there and back. However, she was rewarded with thanks and food, while those she had left behind in the camp remained undernourished, sad and exhausted.

At the camp, Ukrainians attempted to raise their national flag, but the Polish took it down at night and destroyed it. In desperation, a Ukrainian flag was fashioned from Sophia's blue blouse and another girl's yellow one. Two young Ukrainian men raised the flag and stood guard over it that night. When the Poles came to ruin it, they were attacked. As a result, one fellow went away with a broken arm and the Poles gave up trying to destroy the Ukrainian national symbol.

The prisoners were eventually freed by British and American soldiers. Besides food, all they really wanted was to go home.

Sophia and others were taken to a Ukrainian camp set up by the Allies, but Russian soldiers surrounded it and tried to lead the Ukrainians away. The British and American troops would not allow this. Sophia felt safer here. She met a young Ukrainian tailor who had started up a small business in the camp. They fell in love and were married. Forty people were invited to the wedding, but more showed up. To their surprise, they were married by not one, but two priests.

In 1945, the camp was disbanded, but Sophia and her husband had no idea where to go. Wasyl had friends in Smoky Lake, Alberta and wrote to them for help to emigrate to Canada. Permission was granted. Sophia and Wasyl boarded a large ship to cross the Atlantic.

Life was grand in Smoky Lake. Wasyl worked as a tailor and their first daughter, Olga, was born. Sophia got a night job working in a restaurant where she was paid one dollar per day. They stayed in Smoky Lake for 19 months.

Between 1948 and 1950, Sophia's family back in Ukraine suffered. Her father was murdered by soldiers and she could do nothing, but send financial support to the remaining relatives and grieve.

The Dmytruks moved on to Andrew, Alberta where a second daughter was born to them. Here, Sophia sewed and embroidered to supplement the family income. Eight years later, they moved to Edmonton and opened a shop "Quality Tailors & Menswear". It was very successful.

Eventually, the couple retired, moving to Two Hills, Alberta and spending time at their lake lot nearby.

Sophia was both a survivor and a pioneer. She worked hard and persevered despite obstacles and hardships. She and her husband were members of the Ukrainian Orthodox Church in Smoky Lake, Andrew, Edmonton St. Elia and Two Hills. Sophia joined the Two Hills/Lesia Ukrainka Branch of the UWAC where she was very active, coming to help early and often being the last one out. In total, she was a Soyuzanka for 67 years (belonging to branches in Andrew, Edmonton and Two Hills).

She was an interesting story teller, holding the attention of young and old. She was interviewed by a young Grade 6 student, Connie Malenka, whose article appeared in the Two Hills Chronicle. It is a testament to Sophia's hardiness in meeting life's challenges.

Rev. Father Peter Haugen officiated at her funeral at Holy Trinity Ukrainian Orthodox Church on Tuesday, January 26, 2016. She was buried beside her late husband in Two Hills Cemetery. Sophia was loved and will be missed by all, as she always saw the best in everyone.

God be with Sophia and grant her eternal rest! Вічная пам'ять!

Eustine Kereliuk, Promin Convenor
Lesia Ukrainka UWAC
Two Hills, AB

OLENA KOSZARNY-SEMENIUK

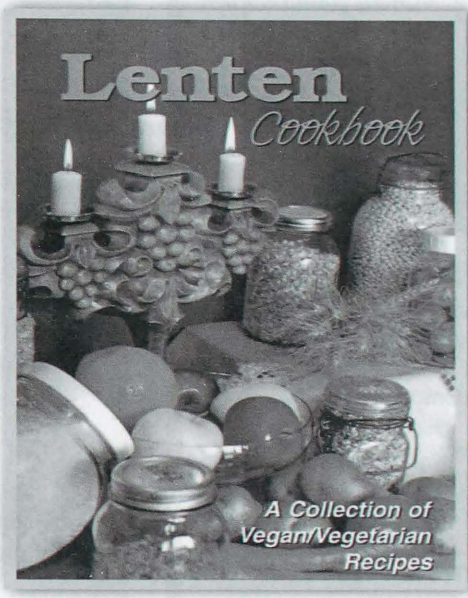
As we commemorate the first anniversary of the passing of our beloved Mother, Grandmother and Great Grandmother (July 17, 2015), we remember her as a Holodomor survivor whose deep faith and indomitable spirit helped her prevail over the most difficult circumstances in life. Her love, generosity, wisdom and optimism were her most endearing qualities. She is sorely missed by her son Victor and wife Tamara, grandchildren Olena, Katherine, Victor, Greg and Tyler; their spouses Andrius, John, Maria and Christine; great grandchildren Cassandra, Levko, Ivasyk. Naomi, Sofia, Felix and Stefan.

Вічная пам'ять!

Victor Koszarny and Family

Lenten Cookbooks

For Sale



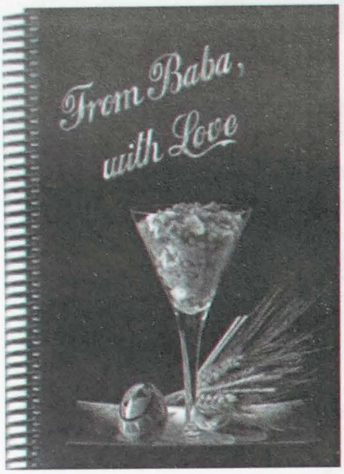
A Collection of Vegan/Vegetarian Recipes

$15.00 each (plus postage)

Order 10 or more at $12.00 each (plus postage).

Contact Vera Webster at (306) 933-9587 or email bipa@sasktel.net

Compiled by the Ukrainian Women's Association of Canada
(Olha Kobylianska Branch, Saskatoon).
Many ethnic favorites in 130 coil-bound pages! No meat, dairy or egg products.
The book also explains fasting, why it is done, health benefits and etiquette.



Published by:

Ukrainian Women's Association of Canada Hanka Romanchych Branch Saskatoon, Sask.

This 330 page, coil bound cookbook features:

- 52 pages of spiritual, cultural and folkloric descriptions of selected feast days and sacraments.
- A collection of home-tested family favorite recipes reflecting Ukrainian Traditions..
- Original photography and illustrations.

Cost is $35.00.
If you wish to order for shipping , there will be charges.
Also available - 12 books per box for fundraising or bulk orders.

To Order: U.W.A.C. Hanka Romanchych Branch
Box 21067, PO Grosvenor Park
Saskatoon, Sask., S7H 5N9
Phone: 1-306-374-7675
Email: ssokyrka@gmail.com

PROMIN AD RATES

ONE YEAR *
1/4 page $250
1/3 page $300
1/2 page $500
Full page $1000
Business card $200

ONE ISSUE *
1/4 page $75
1/3 page $85
1/2 page $100
Full page $200
Business card $50

*** (All of the above are presented in black and white, in English or Ukrainian)**
Full page, back cover, two-colour:
ONE YEAR $1,500
ONE ISSUE $300

PROMIN SUBSCRIPTION FORM / ПЕРЕДПЛАТА НА ПРОМІНЬ

Use this form for a new or renewed subscription for yourself or for a new subscription for a friend/relative.

New Subscription ❒ Renewed Subscription ❒ Gift for a friend ❒

Name of Subscriber ____________________

Address ____________________

City ____________ Province ____ Country ____________ Postal Code ____________

Phone Number ____________________ E-Mail ____________________

If gift, please indicate from whom ____________________

Cheque or money order enclosed in the amount of $ _____ for _____ year(s)

Canada $25 per year; USA $50 (CF) per year. У Канаді $25 річно; у США $50 (канадських) річно.

PROMIN - 10611 - 110 Avenue Edmonton AB T5H 1H7

SUS FOUNDATION OF CANADA

Фундація СУС в Канаді

SUS Foundation of Canada

Established 1965

SUS Foundation of Canada is dedicated to the advancement of education and the preservation of Ukrainian Culture in Canada. Grants in excess of $1,500,000 have been awarded to the:

Institutes
Museums
Youth Programs
Children's Camps

Every dollar donated strengthens our ability to increase funding in your community.

www.susfoundation.ca
or
SUS FOUNDATION OF CANADA
620 Spadina Avenue
Toronto, ON M5S 2H4

SHEVCHENKO FOUNDATION

THE UKRAINIAN CANADIAN FOUNDATION OF TARAS SHEVCHENKO

Helping Ukrainian Canadians since 1963

What does the SHEVCHENKO FOUNDATION represent?

- commitment to community
- financial assistance for cultural development
- sound administrative management
- security and stability
- an investment in community growth
- a lasting legacy for future generations

Support the Shevchenko Foundation so it can continue supporting our community!

www.shevchenkofoundation.com
or contact
Ukrainian Canadian Foundation of Taras Shevchenko
202-952 Main Street   Winnipeg, Manitoba
R2W 3P4   Tel 1-866-524-5314

RELIABILITY *Since 1973*

athens printing

COMPLETE IN HOUSE SERVICES

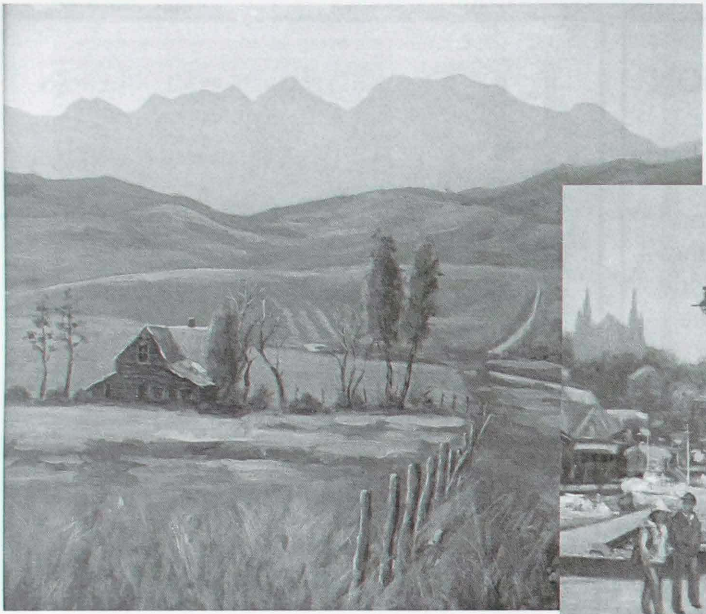
From Creative Design to Final Product
Black on White to Full Colour

PENNY SALE TICKETS

- Tickets of all Kinds
- Business Stationery & Forms
- Business Cards
- Labels & Stickers
- Brochures & Catalogues
- Newsletters & Booklets
- Invitations & Announcements
- Complete Bindery Services
- Layout & Graphic Design
- Also Continuous Forms

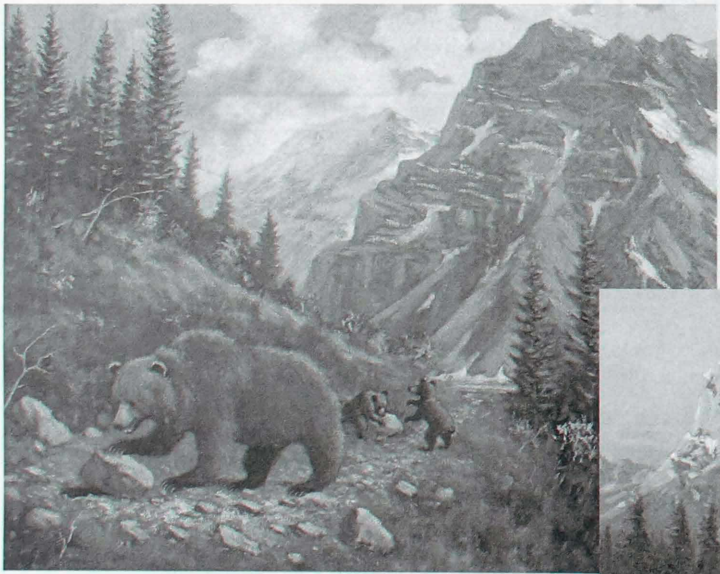
DIGITAL IMAGING
BLACK & WHITE · FULL COLOUR

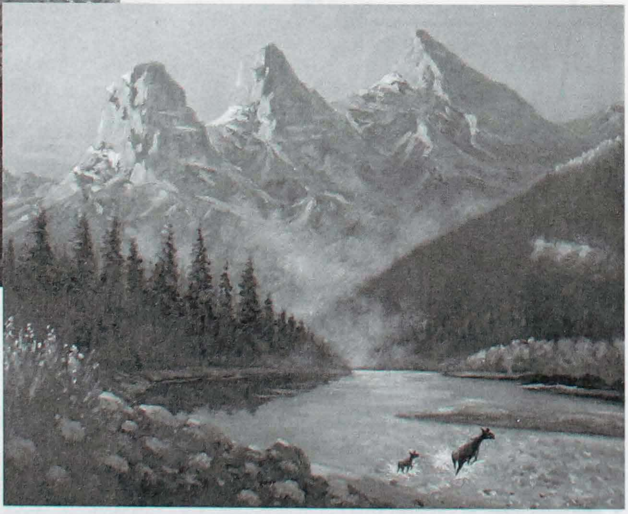
1480 Barton Street East, Hamilton, Ontario L8H 2W9
Tel: 905 549-6719 Fax: 905 549-7645 e-mail: info@athensprinting.ca



***Above left:** Alberta Foothills Fall*

***Above right:** Ontario Fall Urban Scene*





***Above:** Grizzlies at Lake Louise*

***Right:** Three Sisters Canmore*

ARTIST IN THE SPOTLIGHT

Іван Димуряк, Любитель Мистецтва

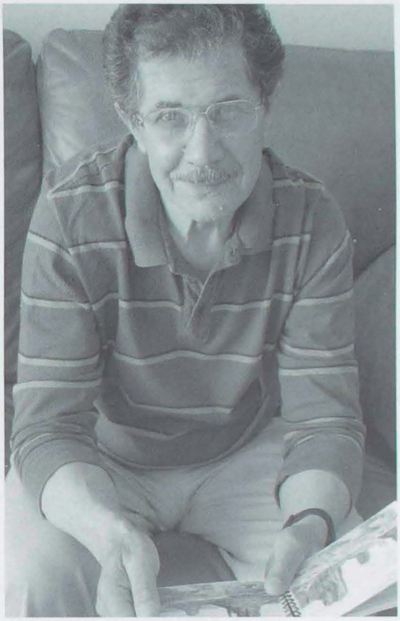
Двадцять п'ять років тому, Іван і Вероніка Димуряки приїхали до Канади. Тут вони працювали й виховали свою доньку. Вони також любо їхали по Канаді, особливо часто прогулялися в Кам'яних чи в Скелястих Горах Альберти.

Шість років тому, вони пішли на відпустку. Протягом цього часу, Іван мав нагоду розвинути свій талант щодо рисування та малювання. Користуючи акрилових і олійних фарб та акварелів, він взяся до малювання пейсажів та звірят. Він пригадує, що він не професіонал, а любитель мистецтва.

Де б Іван та Віра не подорожували, вона його заохочує намалювати то що бачать. У їхньому домі в Едмонтоні висять пейсажі Виниції, Істанбулю, тощо. Тому, що народився на Буковині, у нього серія малюнків які зображують Чернівецький Університет та місто Чернівців. Намалював серію малюнків різних сайтів у Едмонтоні як також серію акварелів. Любить їхати по місті, стає при розі та малює ті "сценки" які на нього справили враження. Чи то в зимі, чи в літку, Іван знаходить час добавити до свого маленького зошита ще кілька акварелів.

У цьому числі "Променя", подаємо твори які були намалювані осінньою порою. Шкода, що не зможете побачити барвисті кольори цих творів! Які вони гарні! Всеодно, подаємо декілька малюнків Онтаріо, при Джорджен Затоці, як також бізони Елк Айландського Парку в Альберті, ведмедів ґрізлі Кам'янистих Гір та стовпи тотем аборигенів Британської Колумбії. Далі бачимо піонерську хату Діда Вероніки близько Атабаски, Альберти.

Усі ми маємо певні таланти. Заохочую вас написати редакції про знайомих при наших парафіях та організаціях, які творять будь-що—чи то малюнки, чи то писанки, чи то ювелірні вироби, чи то кошики, чи інше. Ми дуже радо напишемо про них, та про їх здобутки.

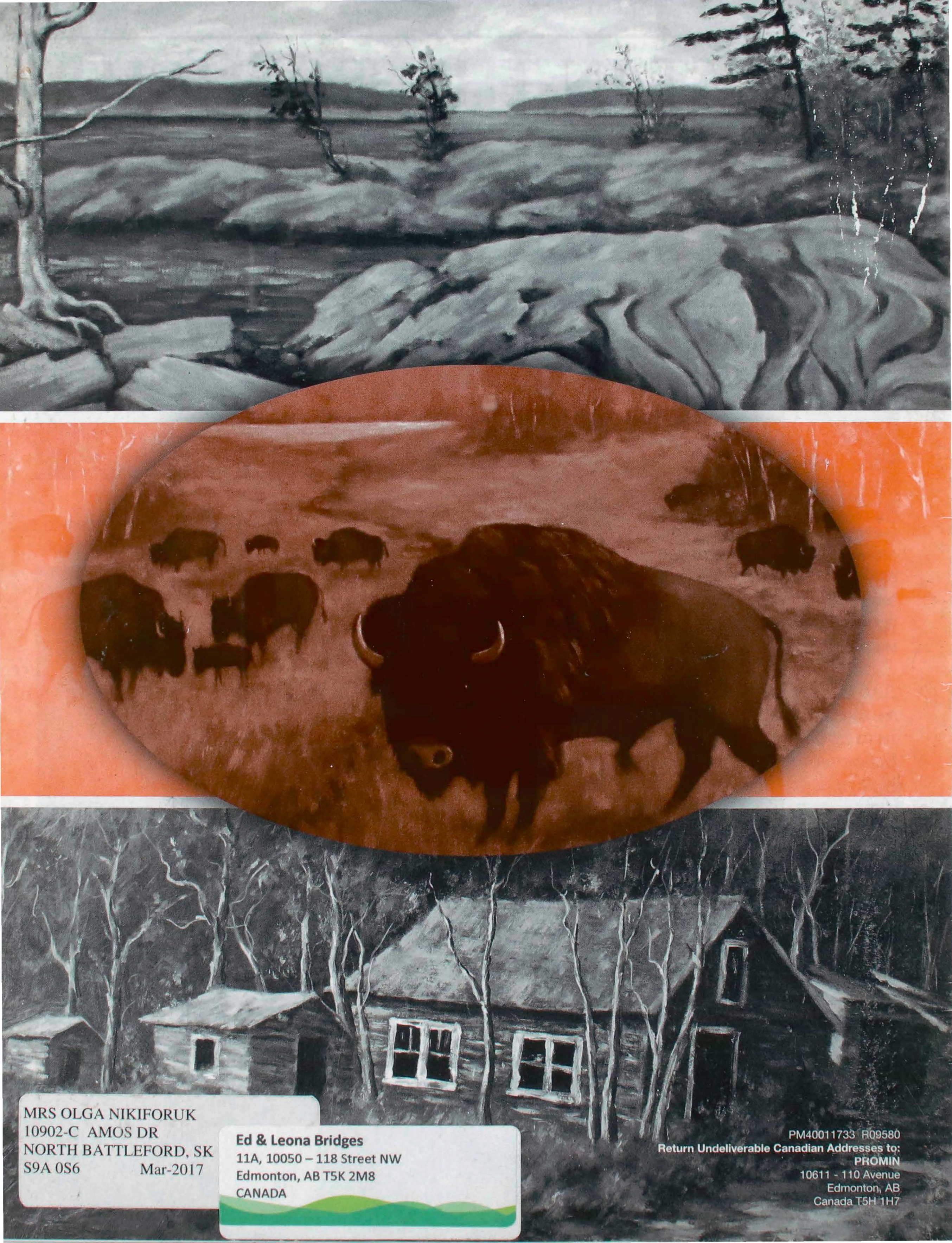


Ivan Dymouriak is a fine example of a fourth wave Ukrainian immigrant who has adapted beautifully to life in Canada. He has had a career, raised a daughter and has become a well-integrated parishioner of St John's Cathedral in Edmonton, along with his delightful wife, Vera (Veronika). In retirement, he has pursued his passion for drawing and painting, especially landscapes and wildlife. Here we present a number of his autumn pieces. Regrettably, you will not be able to see his use of colour.

We would encourage our readers to submit to us the work and stories of friends and acquaintances in the Ukrainian community who have become amateur artists, be they poets, painters, authors, sewists, jewelers, wood-workers or basket-weavers. Their creations deserve to be presented to the public through Promin magazine!

Leona Bridges

Above: *(Detail)*
Bison Elk Island Park



MRS OLGA NIKIFORUK
10902-C AMOS DR
NORTH BATTLEFORD, SK
S9A 0S6 Mar-2017

Ed & Leona Bridges
11A, 10050 – 118 Street NW
Edmonton, AB T5K 2M8
CANADA

PM40011733 R09580
Return Undeliverable Canadian Addresses to:
PROMIN
10611 - 110 Avenue
Edmonton, AB
Canada T5H 1H7